



DEPARTMENT OF THE ARMY
HEADQUARTERS, XVIII AIRBORNE CORPS AND FORT BRAGG
FORT BRAGG, NORTH CAROLINA 28310



NORTH CAROLINA RETIRED ARMY PERSONNEL BULLETIN

Be sure to visit our web site at: <http://>

2015 ANNUAL EDITION

www.bragg.army.mil/directorates/HR/

FORT BRAGG RETIREE APPRECIATION DAYS

Thursday, 22 October 2015 - Saturday, 24 October 2015

Retiree Appreciation Days 2015 will be a 3 day event beginning on Thursday 22 October 2015 with a Retiree Golf Tournament at Stryker Golf Course. On Friday 23 October 2015 a Retiree Luncheon will be held at the Fort Bragg Conference & Catering Center. **Entertainment will be provided by the All American Chorus from the famous 82D Airborne Division.** Womack Army Medical Center (WAMC) is the central location on Saturday the 24th. RAD events on Saturday will begin early with breakfast and a welcome from the Commander (see the agenda on page 2). ID cards issuance will be at



the Soldier Support Center on this day as well.

The Fort Bragg Morale Welfare and Recreation (MWR) and other Fort Bragg organizations will also take part in this very special event. With your support, we have experienced great success in previous years, and solicit both your support and attendance to help us make RAD-2015 even better. For more information on RAD activities, please call your Retirement Services Office at (910) 396-5304 or toll free at 1-800-535-6067.

An invitation from the Garrison Commander

Dear Retired Soldier and Family:

You are cordially invited to attend Fort Bragg's Retiree Appreciation Days October 22-24, 2015. Each year, we are proud to host Retiree Appreciation Days for all retirees and their Families. This is a great opportunity to recognize our retirees living in the state of North Carolina and for their many years of selfless service to our great nation.

You and your Family will always be recognized as pillars that support and strengthen our relationship with the North Carolina community. Through this relationship, we share a unique understanding and spirit of cooperation, and this event is intended to ensure this relationship continues to grow even stronger.

On behalf of the over 54,000 Fort Bragg Soldiers, let me extend our warmest regards. We sincerely hope you can join us for what's sure to be a fun and informative event. Thank you for your continued support to today's Soldiers and their Families, as well as your unwavering service to your country and community.

Sincerely,

Brett T. Funck
Colonel, US Army
Garrison Commander

inside..

Page 2. Agenda. Page 3. Womack Army Medical Center/Fort Bragg Public Affairs/ID Cards/RSO. Page 4. Legal Services. Page 5. Golf Information / Retiree Lunch Menus. Page 6. Lunch Reservation Form. Page 7. Golf Reservation Form. Page 8. DHR Shred-A-Thon / Casualty Assistance Information.

AGENDA FOR RETIREE APPRECIATION DAYS 2015

<u>TIME</u>	<u>THURSDAY, 22 OCTOBER</u> <u>EVENT</u>		<u>LOCATION</u>
7:00 a.m. - 3:00 p.m.	Retiree Golf Tournament	Mr. Jeff Johnson, Golf Pro	Stryker Golf Course
<u>TIME</u>	<u>FRIDAY, 23 OCTOBER</u> <u>EVENT</u>		<u>LOCATION</u>
11:30 a.m. - 1:30 p.m.	Retiree Luncheon Entertainment	Keynote Speaker Mr. John Radke, Army G1, RSO All American Chorus	Fort Bragg Conference & Catering Center Lafayette Room
<u>TIME</u>	<u>SATURDAY, 24 OCTOBER</u> <u>EVENT</u>		<u>LOCATION</u>
6:00 a.m. - 8:00 a.m. 8:30 a.m. 9:00 a.m. - 2:00 p.m.	<p align="center">BREAKFAST</p> <p align="center">Welcome COL Ronald T. Stephens Commander, Womack Army Medical Center</p> <p align="center"><u>Medical Services</u></p> <p>TRICARE briefing, Womack clinic information, Mobile Unit Blood Drive, Height and weight/BMI, Third Party Insurance, Traumatic Brain Injury, Red Cross information, Dental/Oral cancer screenings, Vision and hearing screenings, Blood pressure screenings, Breast Health —mammograms, Immunization and Immunization screenings, Audiology screenings, Physical Therapy information, Pharmacy counseling, Nutrition Care information, Patient Safety, Army Wellness Center, Veterinarian services, Social Work Services, Public Health Command, Chaplains, Yoga, Nutrition care information, Tobacco cessation information</p> <p align="center"><u>Dental Services</u> Dental/Oral Cancer screenings</p>		<p align="center">WAMC Dining Facility</p> <p align="center">Womack Army Medical Center Weaver Auditorium</p> <p align="center">Womack Army Medical Center</p>
9:00 a.m. - 2:00 p.m.	<p align="center"><u>Directorate of Human Resources</u> Shred-A-Thon</p>		Womack Army Medical Center Parking Lot
9:00 a.m. - 2:00 p.m.	<p align="center"><u>Staff Judge Advocate</u> Wills / Living Wills Advanced medical directives Powers of Attorney</p>		Womack Army Medical Center
9:00 a.m. - 2:00 p.m.	<p align="center"><u>Military Personnel Division</u> ID Card Issuance</p>		Soldier Support Center
9:00 a.m. - 2:00 p.m.	<p align="center"><u>Veteran Services</u> Cumberland County Veteran Services Office Fayetteville Vet Center Greenville Vet Center</p>		<p align="center">Womack Army Medical Center</p> <p align="center">Womack Army Medical Center Parking Lot</p>

WOMACK ARMY MEDICAL CENTER

Womack Army Medical Center (WAMC) would like for retirees to know that we have worked determinedly hard to ensure that we are fully staffed in order to provide full medical services to retirees who attend this year's Retiree Appreciation Day. The retirees of the State of North Carolina deserve nothing but the best and we are striving to ensure that this standard is met. We look forward to seeing and servicing you at our facility! The event will be held on Saturday, 24 Oct 2015 from 9:00 a.m. until 2:00 p.m. at Womack Army Medical Center, 2817 Reilly Road, Fort Bragg, NC 28310.

Services will include:

- | | | |
|---|--|-------------------------------------|
| - Height and weight/BMI | - Blood pressure screening | - Nutrition information |
| - Tobacco cessation information | - Vision screening | - Hearing screening |
| - Dental/oral cancer screenings | - Physical Therapy information | - TRICARE benefits |
| - Red Cross information | - Mobile unit blood drive | - Womack clinic information |
| - Army Wellness Center | - Yoga | - Public Health Command |
| - Chaplain | - Veterans Services | - TRICARE Briefings |
| - Veterinarian Services | - Traumatic Brain Injury (TBI) information | - Third party insurance information |
| - Breast health-Mammography Services** | - Immunizations and immunization screening | |
| - Pharmacy counseling (bring a list of your medications and supplements)* | | |

*Please bring a list of your medications and supplements, your vaccination record, results of most recent cholesterol test (total cholesterol and HDL) and please wear appropriate clothing for vaccinations.

****Breast health**--Mammography Services of the Radiology Department of Womack Army Medical Center will provide mammograms screening on a walk-in basis from 9:00-2:00, Saturday, 24 Oct 2015. These slots will be filled on a first come, first serve basis.

For more information on the medical services offered, please call 910-907-7247.

Services not provided this year due to updated health guidelines:

- | | | | |
|-----------------------|---------------------------|----------------|-------------------------|
| - Prostate screenings | - Bone density screenings | - Breast exams | - Cholesterol screening |
|-----------------------|---------------------------|----------------|-------------------------|

Fort Bragg Public Affairs Office

The Fort Bragg Public Affairs Office has a link in which you can register your email address in order to receive information on the activities that are conducted on Fort Bragg on a daily basis. Once you complete the registration you will begin to receive the daily announcements from the Fort Bragg Public Affairs Office. Please find the email link below for registration.

<http://www.fortbraggpresscenter.com/go/maillinglist/5287/>

ID Card Facility

The ID Card Facility will provide services to Retirees and Family members at the Soldier Support Center from 9:00 a.m. to 2:00 p.m. on Saturday, 24 Oct 2015. Two forms of identification are required to issue new ID cards. No appointments are required to receive services on this day. Should you need an appointment in the future, please call (910) 396-9339.

Retirement Services Office

You must have an appointment for all post retirement visits to guarantee that you will be serviced upon visiting the Retirement Services Office. The Retirement Services Office hours of operation are Monday—Friday, 0900-1600. Please call (910) 396-5304 or toll free 1-800-353-6067 to make an appointment.

Legal Services

Attorneys from the Fort Bragg legal community will offer free estate planning documents for Retirees and their spouses with valid ID cards in connection with Retiree Appreciation Day on Saturday, October 24, 2015 from 9:00 a.m. to 2:00 p.m. Wills, living wills, general powers of attorney, health care powers of attorney, financial powers of attorney, and specific powers of attorney will be provided on a first-come, first-served basis, to all military Retirees and their spouses at the XVIII Airborne Corps Legal Assistance Office, Soldier Support Center, 1st Floor, Wing D. Services will be limited once maximum capacity is reached. All of these documents will be prepared and signed on-site the same day. For those who may be unfamiliar with some of the above terms:

- **Will:** Controls the distribution of your assets and estate after you die, allows you to choose who will take care of your affairs after death, and allows you to appoint a guardian and/or trustee for minor children

- **Financial POA:** Appoints an agent to make financial decisions for you if you are ever unable to do so (because you are incapacitated -temporary or permanent)

- **General POA:** Conveys expansive powers over your estate to a person you appoint to be your attorney-in-fact.

- **Living Will:** Expresses your desire to be removed from life support if your condition is beyond hope of recovery

- **Health Care Power of Attorney (POA):** Appoints another person whom you trust to make your health care decisions if you are ever unable to do so (temporary or permanent)

A general POA is typically used to empower someone to handle all of your affairs during a period of time when you will be unable to do so. In some cases, such POAs are unnecessary, and executing such a POA may do more harm than good. Be sure to talk with an on-site attorney about what you are trying to accomplish with such a POA.

There are some limitations to the types of wills that may be drafted that day. Persons with certain special needs children or adults, trust questions, life estates, or family farms may have needs that require specialized assistance or the expertise of a civilian attorney. If you have any of these issues or any questions as to whether you need specialized services, contact the Legal Assistance Office prior to Oct 24th to discuss these specific needs. Everyone seeking services at the legal station will be required to complete a will worksheet. Will worksheets may be obtained in advance on our website at <http://www.bragg.army.mil/directorates/osja/Pages/LegalAssistance.aspx> or by stopping by the XVIII Airborne Corps Legal Assistance Office. Completing this worksheet in advance will assist in processing people as quickly as possible. If you are unable to obtain a worksheet in advance, please be sure to have a list with the following information: the person(s) you wish to serve as your personal representative to handle your affairs, the person(s) to serve as guardian for your minor children or grandchildren, and the person(s) to serve as trustee to safeguard money for your minor children or grandchildren. You will also need the name, address and phone number of the person(s) you wish to serve as agent and alternate agent in any power of attorney.

In addition, please remember to bring your ID card!

It is anticipated that the 2015 Retiree Appreciation Day legal services will be a well-attended event. In a difficult economy, this is a service that can provide needed and typically expensive legal documents for free. Due to processing times, the Office will be required to strictly adhere to the cut off time. Please come early to ensure you obtain the services you are requesting.

Please be aware, because it is a first-come, first-served walk-in service, you may have to wait to be seen by an attorney. It is strongly encouraged that all retirees and family members who plan to attend be prepared in case you have to wait. Anyone with nutritional or medication needs should be sure to bring provisions in case they are called back to meet with an attorney at breakfast or lunchtime or in case they are waiting for services at a time they would normally eat a snack or take medication. The Fort Bragg legal offices look forward to serving retirees in our community and extending our gratitude for your years of service and sacrifice. If you have questions about the legal services that will be provided in connection with Retiree Appreciation Day, you may contact the XVIII Airborne Corps legal assistance office at (910) 396-0396 or (910) 396-6113.

Marie Antoinette Joiner, Esq.
Deputy Chief, Legal Assistance
XVIII Airborne Corps & Ft. Bragg

RETIREE GOLF TOURNAMENT

The Fort Bragg Retiree Appreciation Day Golf Tournament will be conducted at Stryker Golf Course, Thursday, 22 Oct 2015, from 7:00 a.m. to 3:00 p.m. Registration is from 7:00 a.m. to 8:00 a.m. Opening ceremony is at 8:00 a.m., and shotgun start is at 9:00 a.m. The format for the tournament is "Captain's Choice." Four person teams will be randomly formed based on handicap and current USGA Index. No team registration is allowed. The entry fee is \$40.00 per person. Greens Fee, cart, range balls, prizes, and food (hamburgers, hot dogs, baked beans, cole slaw, coffee and tea) are included. Registration cutoff is 15 Oct 2015.

Please provide the information requested on the reservation form (page 7) and send your check / money order or your MWR Credit Card number. All reservations must be processed through the Retirement Services Office. Tournament information may be obtained by dialing (910) 396-3980. Stryker Golf Course is located off of Bragg Boulevard.



RETIREE LUNCHEON - Friday, October 23, 2015

The Retiree Appreciation Day Luncheon will be held Friday October 23, 2015 from 11:30 - 1:30 at the Fort Bragg Conference & Catering Center. Lunch will be served at 11:45 p.m. Reservations must be received NLT October 16, 2015. Please provide the information requested on the reservation form (page 6) and send check / money order or if you prefer, your Credit Card Number (AMERICAN EXPRESS, VISA, MASTERCARD, OR MWR) to the address indicated on the form.

Lunch Menu Choices



Menu #1

"London Broil Steak with Bordelaise Sauce"

*Served with Garlic-Herbed Mashed Potatoes * Green Beans with Lemon & Thyme * Mixed Green Salad with Ranch or Italian Dressing * Dinner Rolls & Butter * Sweetened Iced Tea, Water, & Coffee * Apple Pie*

\$17.00 per person



Menu #2

"Herbed Baked Chicken"

*Served with Garlic-Herbed Mashed Potatoes * Green Beans with Lemon & Thyme * Mixed Green Salad with Ranch or Italian Dressing * Dinner Rolls & Butter * Sweetened Iced Tea, Water, & Coffee * Apple Pie*

\$15.00 per person



Menu #3

"Pasta Primavera (Veggie)"

*Served with Mixed Green Salad with Ranch or Italian Dressing * Dinner Rolls & Butter * Sweetened Iced Tea, Water, & Coffee * Apple Pie*

\$15.00 per person

LUNCH RESERVATION

RESERVATIONS ARE REQUIRED to participate in the Retiree Luncheon on Friday, October 23, 2015. Due to preparation costs for the dinner, it is necessary to pay in advance. Payments must be made by Check, Money Order or Credit Card no later than October 16, 2015.

**** (NO CANCELLATIONS after October 16, 2015) ****

LUNCH RESERVATIONS

Cost of meal includes gratuity, dessert, coffee or tea.

☐ I will attend the Retiree Luncheon Friday, October 23, 2015 at the Ft Bragg Conference & Catering Center.

The number in my party is _____. **Please check choice of menu below and indicate number of each meal(s).**

☐ **#1 "LONDON BROIL STEAK"**

cost per person: (\$17.00)

number of meals: _____

Total menu #1: \$ _____

☐ **#2 "HALF ROASTED CHICKEN"**

cost per person: (\$15.00)

number of meals: _____

Total menu #2: \$ _____

☐ **#3 "PASTA PRIMAVERA"**

cost per person: (\$15.00)

number of meals: _____

Total menu #3: \$ _____

☐ Enclosed is my Check / Money Order payable to the Fort Bragg Conference and Catering Center for _____ dinner(s).

☐ Charge to my credit card AMEX _____ VISA _____ MASTERCARD _____ MWR _____ / _____
(Account Number) (Expiration date)

Rank, Name (Last, First, Mi) (Please Print)

(Signature)

(Dinner Choice)

Phone Number (include Area Code)

Address, City, State, Zip code (Please Print)

\$ _____
(TOTAL)

Name of Spouse: _____

Lunch Choice: _____

Name of Guest: _____

Lunch Choice: _____

Name of Guest: _____

Lunch Choice: _____

Name of Guest: _____

Lunch Choice: _____

Name of Guest: _____

Lunch Choice: _____

Name of Guest: _____

Lunch Choice: _____

Name of Guest: _____

Lunch Choice: _____



**PLEASE MAIL OR BRING THIS RESERVATION FORM AND PAYMENT TO THE RETIREMENT SERVICES OFFICE
NO LATER THAN 16 October 2015.**

**MAIL TO: INSTALLATION RETIREMENT SERVICES OFFICE, ATTN: IMBG-HRM-T, POST OFFICE BOX 70029
FORT BRAGG, NC 28307-0029**

**BRING TO: INSTALLATION RETIREMENT SERVICES OFFICE, 1ST FLOOR OF THE SOLDIER SUPPORT CENTER
(OLD WOMACK HOSPITAL) ON NORMANDY DRIVE**

GOLF RESERVATION

Entry fee is \$40.00 per person. Greens Fee, cart, range balls, prizes to include first, second, third, and fourth place team, closest to the pin prizes for all four par three holes and longest drive on two holes. Food included is Hamburger/Hotdog meal with Baked Beans, Coleslaw along with Keg of Beer and Fountain Soda beverages. The first 120 applicants will be accepted. Sign-in time is from 7:00 a.m. to 8:00 a.m., Tee Time is 9:00 a.m. **No team registration. Teams will be randomly formed based on handicap.**

Sign me up for the RAD Golf Tournament at Fort Bragg's Stryker Golf Course, Thursday, October 22, 2015.

Enclosed is my Check / Money Order **payable to Stryker Golf Course.**

Charge to my credit card AMEX ____ VISA ____ MASTERCARD ____ MWR ____ / ____
(Account Number) (Expiration date)

(Rank, Name (Last, First) (Please Print)

Signature)

\$ ____
(TOTAL)

(Phone Number (Include Area Code)

Address, City, State, Zip code (Please Print)

My Handicap is: ____; I normally shoot a score of ____ after 18 holes.

Guest: ____ Handicap is: ____; I normally shoot a score of ____ after 18 holes.

Guest: ____ Handicap is: ____; I normally shoot a score of ____ after 18 holes

Guest: ____ Handicap is: ____; I normally shoot a score of ____ after 18 holes

Guest: ____ Handicap is: ____; I normally shoot a score of ____ after 18 holes

Guest: ____ Handicap is: ____; I normally shoot a score of ____ after 18 holes



PLEASE MAIL THIS RESERVATION FORM TO REACH THE RETIREMENT SERVICES OFFICE NO LATER THAN October 15, 2015.
MAIL TO: INSTALLATION RETIREMENT SERVICES OFFICE, ATTN: IMBG-HRM-T, POST OFFICE BOX 70029, FORT BRAGG, N.C. 28307-0029.

OFFICIAL BUSINESS

DHR Sponsors Retiree Shred-A-Thon

Tired of hoarding all those old utility bills and credit card statements. Are your personal filing cabinets running out of storage space? Discarding these type of items in your trash can be risky business especially with Identity Thefts on the rise. All too often personal information is retrieved from one's own personal garbage and later used for fraud. During the Annual Fort Bragg Retiree Appreciation Day, 0900-1400, Saturday, October 24, 2015, the Director of Human Resources (DHR) will

sponsor a Shred-A-Thon Event that's free to all Military Retirees. The Shred-A-Thon will be located in the parking lot of Womack Army Medical Center. What better way to securely dispose of all those no longer needed personal documents.

Casualty Assistance Officer (CAO) Support

If requested, Fort Bragg appoints a CAO to provide casualty assistance to the primary next-of-kin (PNOK) of all Army retirees who are residents of North Carolina. If requested by the PNOK, Fort Bragg will provide burial honors for Army retirees who pass away while a North Carolina resident. The request for burial honors must be made through the funeral director.

The CAO is not allowed to provide uniform items or decorations for a burial. If a retiree wishes to be buried in uniform, he or she should ensure that a uniform of proper size and all decorations are available to the PNOK. Retirees who present proof of retirement (ID Card and DD Form 214) may make uniform purchases at the Installation Clothing Sales Store. If you have any questions or need additional information, please feel free to contact the Casualty Section at (910) 396-9901 or the Casualty Operations Coordinator at (910) 643-4070. Specific questions concerning SBP and other benefits should be directed to the Retirement Services Office (RSO) at (910) 396-5304 or 1-800-535-6067.

The North Carolina Retired Army Personnel Bulletin is published by the Installation Retirement Services Office, a section of the Directorate of Human Resources, XVIII Airborne Corps and Fort Bragg. It is published under the provisions of Army Regulation 600-8-7 to communicate with U.S. Army retired Soldiers, their Families and survivors residing in North Carolina, and to provide a means of facilitating the accomplishment of the objectives of the Army Retirement Services Program by providing information and assistance. Articles appearing in this publication do not necessarily reflect the opinion of the commander or Department of the Army. Inquiries or comments concerning this bulletin should be sent to the Installation Retirement Services Officer, P.O. Box 70029, Fort Bragg, NC 28307-0029 or e-mail: donnell.m.edwards.civ@mail.mil

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